



Dinner Theatre Wednesday, April 21

Bay City Players and Bay Metro Transit are collaborating with Division on Aging to bring you the musical The Producers on Wednesday, April 21. Two theatrical producers scheme to get rich by overselling interests in a Broadway flop. Complications arise when the show unexpectedly turns out to be a hit. The evening begins with dinner at 6:00 p.m. at Riverside Friendship Center, 800 J. F. Kennedy Drive, Bay City, and the play will begin at 8:00 p.m. at Bay City Players, 1214 Columbus Avenue, Bay City. Shuttle service will be provided by Bay Metro. The menu will be smothered chicken with onions, mushrooms, and Swiss cheese; red skin potatoes; broccoli salad; French roll; chocolate pudding cake; milk and coffee. Seating is limited; maximum of eight tickets sold per person. The last date to register is April 16, but registration will close early if the program fills.

(continued on Page 3)

Spring Fling at Williams on April 27

Spring has arrived! Come join the fun at Williams Senior Center, 1080 West Midland Road, Auburn, for a Spring Fling with the ever-popular entertainer Jim



Lepeak on Tuesday, April 27. Coffee cake, coffee, and juice will be served at 9:30 a.m. At 10:00 a.m., the entertainment begins. Lunch will be served at 12 noon. You may choose the hot entree, the salad, or the sandwich. Suggested donation for lunch is \$2.50. Call Mary at 662-6521 to make lunch reservations by April 23.

Cinco de Mayo Celebration May 6

Join us at Rainbow Center at the Canteen, 800 Livingston Avenue (Fairgrounds), Bay City, as we celebrate Cinco de Mayo on Thursday, May 6. The fun starts at 10:00 a.m. with snacks and entertainment and lunch at noon. The menu is Southwest lasagna, corn, tossed salad, multi-grain roll, fresh fruit, country apple dessert, punch, milk, and coffee. Reservations are due by noon May 5. Call the Site Manager at 892-6605 Tuesday, Wednesday, or Thursday between 9:30 a.m. and 1:00 p.m. There is a suggested donation of \$2.50 for lunch for those age 60 and older, and the guest fee is \$4.75 for those under age 60.



The Bay County Division on Aging Office and Dining Centers will be closed on Friday, April 2, 2010, for Good Friday.

DINING CENTER

❖**Hampton P.M.** - Wednesday, April 7, is Wear Your Slippers Day; give your feet a break and wear your "comfy" slippers. April is National Humor Month and April 12 through April 16 is Tell-a-Joke Week. Share some humor, tell a joke, and make us laugh! Monday, April 12, is Be Nasty Day. Let's see who can be the nastiest person just for one day. Monday, April 12, is also National Licorice Day—red or black? Thursday, April 15, is Cheeseball Day; enjoy crackers and cheeseball before dinner, but save room for your dinner! The week of April 19 through April 23 is National Coin Week; bring your pennies, nickels, dimes, and quarters to toss them in our fountain and make a wish. Friday, April 23, is National Cheesecake Day. Delicious!!! Wednesday, April 28, is Kiss Your Mate Day. Pucker up . . . SMACK!! Call Sandi at least 24 hours in advance at 895-5968 for meal reservations. Suggested donation is \$2.50.

❖**Kawkawlin Senior Dining Center** - Join us for ice cream sandwiches after lunch on Wed., April 14. Call Velda at 686-5127 for lunch reservations.

❖**Rainbow Center at the Canteen** - Wednesday, April 28, is Root Beer Float Day at noon. Celebrate Cinco de Mayo on Thursday, May 6, at 10:00 a.m. with entertainment and a special menu at noon. Call Anjelica at 892-6605 for more information and lunch reservations.



HIGHLIGHTS

❖**Riverside Friendship Center** - We are looking for cribbage players. We play every Tuesday from 12:30 p.m. to 2:30 p.m. In case you have not played in awhile, we are planning a practice session. Acrylic painting classes with Steve Wood continue Monday, April 5, with a painting entitled "No Mail Today." On Monday, April 12, at 11:00 a.m., the Bay City Independents Base Ball Club will send a team member to show us uniforms and some equipment and to explain how "real" baseball is played. Join us for a great way to swing into spring! Call Sandy at least 24 hours in advance at 893-7070 for lunch reservations.


❖**Williams Senior Dining Center** - On Thursday, April 15, at 10:30 a.m., members of the Bay City Independents Base Ball Club will present a history of how baseball was played around the time of the Civil War. Celebrate National Pretzel Day while playing bingo on Monday, April 26, at 9:30 a.m. Join us for Spring Fling with musician Jim Lepeak on Tuesday, April 27, with coffee cake, juice, coffee at 9:30 a.m.; entertainment at 10:00 a.m.; and lunch at noon. Call Mary at 662-6521 for lunch reservations. Suggested donation is \$2.50.

❖**Hampton A.M.** - Thursday, April 15, at 11:30 a.m., is our Tax Day Party. Join us for snacks, pop, and fun. Thursday, April 22, at 12:30 p.m., is Cherry Cheesecake Day; join us for a sweet treat. Call Susan at 895-5968 for lunch reservations.



Customer Satisfaction Surveys Dining Centers

Those who participate in the Congregate Meals program will be asked to complete a short survey. Please watch for the surveys at your Dining Centers, and deposit them back into the covered box that will be available at your site. Thanks in advance for participating in our 2010 survey.



An Easter Joke

A farmer pulls a prank on Easter Sunday. After the egg hunt, he sneaks into the chicken coop and replaces every white egg with a brightly colored one.

Minutes later, the rooster walks in. He spots the colored eggs, then storms out and beats up the peacock.

April - Volunteer Recognition Month

Many of you know that April is Volunteer Recognition Month. It offers us an opportunity to extend a sincere thank-you to all the great people who volunteer their time to our programs and help make the lives of seniors and others a little brighter.

If you have had the benefit of assistance from a volunteer assigned through our Volunteer Program, take the time this month to let your volunteer know how special he or she is in your life. Volunteers are exceptional people, deserving our thanks in April and every day of the year!

Recipe Corner

Caribbean Crockpot Pork



2 Tbsp. brown sugar
1 Tbsp. curry powder
1 tsp. cumin
½ tsp. salt
⅛ tsp. pepper
1 (4 lbs.) boneless pork loin roast
2 onions, chopped
½ cup apple juice

In a small bowl, combine brown sugar with spices and mix well. Rub over pork roast. Place chopped onions in bottom of 4-5 quart crockpot. Place roast on top of onions. Pour apple juice over all. Cover crockpot and cook on Low for 8-9 hours until pork roast is no longer pink in center and thermometer reads 155°F. Remove pork from crockpot and cover with foil. Let stand 15 minutes before slicing. You can thicken the oniony juices with some cornstarch dissolved in water and serve alongside, if you like. Makes 12 servings.

USPS 184
WONDERFUL TIMES
is published at Division on Aging
515 Center Avenue, Suite 202
Bay City, MI 48708-5123
(989) 895-4100 - TDD 895-4049
Toll-Free 1-877-229-9960
divonaging@baycounty.net
www.baycounty-mi.gov/Aging



Donations Accepted
Division on Aging - Publisher
County of Bay
Tom Hickner
County Executive
Becky Reimann - Director
Bruce Boman - Distribution
Lori Urbancik - Layout

50+ Health for Life Expo, Sat., May 8

Delta College’s “50+ . . . Just Like Gold” program, along with Bay Regional Medical Center, Covenant HealthCare, Mid Michigan Health, and St. Mary’s of Michigan, will host the 50+ Health for Life Expo on Saturday, May 8, from 9:00 a.m. to 1:00 p.m. on the campus of Delta College. Vendor displays, “learning sessions,” mini-presentations, and demonstrations will be offered with a focus on health. See the next issue of Wonderful Times for more information.

Summer Youth Volunteer Program

A summer program called “Week of Hope” will be coming to Bay City from June 14 through the end of July. During this time, church youth from across the country will work in small teams to make a difference in the physical appearance of someone’s home or yard. Because of reduced funding, the focus this year will be completing major yard clean-up/makeover if someone has been unable to attend to yard upkeep over the years. The youth can also help clear out clutter from a basement or garage, if someone has been putting off that task for awhile. Teams will be supervised by an adult team leader, and homeowners must be willing to provide supplies, yard clean-up equipment, and cleaning products and/or tools if the crew will be helping with window washing or similar heavy cleaning tasks.

There are no guarantees that our projects will be selected for the youth, as local organizations across Bay County can

submit applications to partner with the “Week of Hope” program; however, any senior homeowner who would like to be considered for yard clean-up, de-clutter garage or basement, or heavier spring cleaning is asked to contact Debbie Keyes at 893-5834 to have their name, address, and telephone number placed on the list. More detailed information on the work desired and permission forms will be obtained if Division on Aging’s project is selected for the program.

Reminder – Return Your Census Forms!

U.S. Census forms will be in your mailboxes in March. Remember to take a few minutes to return the Census form mailed to your Michigan address. It is very important that Bay County residents be counted accurately—many programs receive funding based on population data. See last month’s issue for more information or you may call Region VII Area Agency on Aging at 1-800-858-1637 or visit the website at www.census.gov/detroit.

Musician Jim Lepeak Honored

Local musician Jim Lepeak was honored at the February 9 meeting of the Bay County Board of Commissioners. Resolution No. 2010-14 was adopted honoring Jim for many years of volunteering his time and talents at nursing homes, senior centers, festivals, hospitals, and churches. Using music, he has brought joy to many over the years. Bay County is blessed to be able to benefit from his countless hours of entertainment.

(continued from Page 1)

The package is \$9.00 for those age 60 and older, and \$11.00 for those under age 60, which includes the show, cooking and maintenance fees, and \$2.50 suggested donation for dinner. For those seeking transportation, the package is \$12.00 for those age 60 and older, and \$14.00 for those under age 60, which includes the show, bus transportation, cooking and maintenance fees, and \$2.50 suggested donation for dinner. Make all checks payable to “Bay County Division on Aging.” There will be no refunds. For more information, call the main office at 895-4100 or Debbie Keyes at 893-7070. Registration forms are available at all Dining Centers and at the main office. Registration and payment may also be mailed to Bay County Division on Aging, 515 Center Avenue, Suite 202, Bay City, MI 48708-5123.

Acrylic Painting Class

On Monday, April 5, award-winning television artist Steve Wood provides step-by-step methods for acrylic landscape painting. The painting this month is entitled



“No Mail Today.” The package is \$20.50, which includes instruction, materials, and \$2.50 suggested donation for lunch. Class will be held at Riverside Friendship Center, 800 J.F. Kennedy Drive, Bay City. Registration and payment for the art class may be made directly at Riverside Friendship Center. For more information, call Sandy at 893-7070.

Durable Power of Attorney Presentation

A representative of Bay Monument will provide a short program and free materials for area residents to prepare Durable Power of Attorney for Healthcare. Learn more about what you can do to assure your wishes are followed by family and physicians. Scheduled presentations include:

Hampton A.M.	
Wednesday, April 7	11:30 a.m.
Hampton P.M.	
Monday, April 19	4:30 p.m.
Rainbow Center at the Canteen	
Thursday, April 22	11:30 a.m.
Riverside Friendship Center	
Monday, April 26	11:15 a.m.
Williams Senior Center	
Thursday, June 17	11:00 a.m.

Senior Olympic Games Coming Soon

Plans are under way to send out registration packets to more than 600 individuals who have been competitors in the past Senior Olympic Games. Bowling, golf, walking, swimming, card tournaments, and a variety of other events are planned for your enjoyment. The various events will begin Wednesday, May 26, and continue until Friday, June 11. Games are open to individuals age 55 and older. To be sure your name is on our mailing list, please contact Debbie Keyes at 893-5834. Packets will likely be mailed in late April.



APRIL 2010 DINING CENTER PROGRAMS APRIL 2010

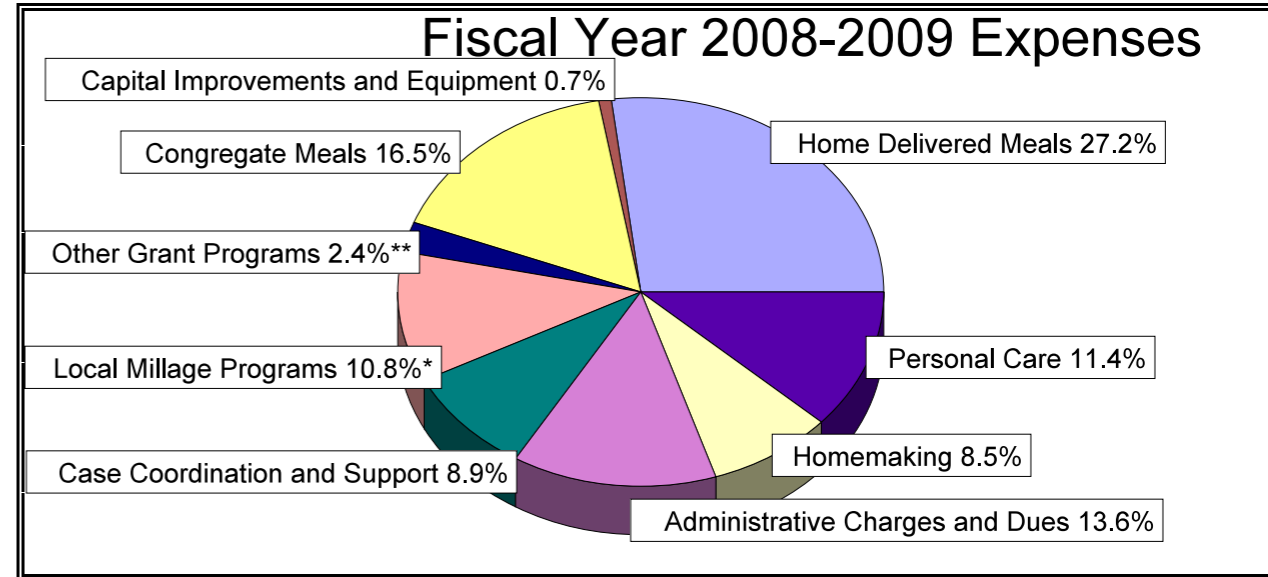
DINING CENTER PROGRAMS **APRIL 2010**

APRIL 2010

Kawkawlin Senior Center	Telephone: 686-5127
1800 East Parish Road	Wednesday and Thursday, 9:00 a.m. to 12:30 p.m.
Kawkawlin, MI 48631	Site Manager: Velda Kowalsky
Wednesdays	- Bingo at 9:45 a.m. (25¢ per board)
Wednesdays & Thursdays	- Smear Club at 9:00 a.m.
March 31 and April 1	- Easter treats both days!
Wednesday, April 7	- Blood Pressures w/Cathy Sujkowski, R.N., at 11:30 a.m.
Wednesday, April 14	- Join us for ice cream sandwiches after lunch

Riverside Friendship Center Telephone: 893-7070	
800 J. F. Kennedy Drive	Monday through Friday, 9:00 a.m. to 2:00 p.m.
Bay City 48706	Site Manager: Sandy Jozwiak
Mondays	- Men's Smear, 9:30 a.m.; Zumba, 10:30 a.m.; Mixed Smear, 12:30 p.m.
Tuesdays	- Fitness for Life 8:30am or 10am; Knitting/Crocheting 9:30am; Cribbage 12:30pm
Wednesdays	- Euchre at 9:30 a.m. **Transportation is available
Thursdays	- Fitness for Life, 10:00 a.m.; Bingo, 10:15 a.m.; Shuffleboard, 12:30 p.m.
Fridays	- Bingo, 10:15 a.m.; Zumba, 10:30 a.m.; Pinochle Club, 12:30 p.m.
Monday, April 5	- Acrylic Painting Class with Steve Wood
Monday, April 12	- Bay City Independents Base Ball Club at 11:00 a.m.
Tuesday, April 13	- Blood Pressure Clinic w/Jan Richards, R.N., at 11:00 a.m.
Wednesday, April 21	- Low Vision Support Group at 11:00 a.m.
Tuesday, April 27	- Birthdays and Anniversaries celebrated

Williams Senior Center	Call 662-6521
1080 West Midland Road	Monday through Thursday, 9:00 a.m. to 1:00 p.m.
Auburn 48611	Site Manager: Mary Wilson
Daily	- Indoor/Outdoor Walking, 9:30 a.m.-1:00 p.m.
Mondays and Wednesdays	- Bingo at 10:00 a.m.
Tuesdays and Thursdays	- Cards, games, and puzzles at 10:00 a.m.
Thursdays	- Popcorn Day
Monday, April 5	- Blood Pressure Clinic w/RN Dorothy McPhillips, 10:00 am
Thursday, April 15	- Bay City Independents Base Ball Club at 10:30 a.m.
Thursday, April 22	- Celebrate National Jellybean Day at 9:30 a.m.
Tuesday, April 27	- Spring Fling with musician Jim Lepeak at 9:30 a.m.
Thursday, April 29	- Celebrate April birthdays w/cake, flowers, and balloons



*Local Millage Programs include: Wonderful Times newsletter, Volunteer program, Handyman service, special events, Senior Olympics, and Information and Referral

**Other Grant Programs include: Caregiver Education, Respite Care, and Exercise Program

Source	Amount	Percentage
Senior Millage Fund	\$1,584,71	59.2
Region VII Area Agency on Aging Grants/ARRA***	513,323	19.2
Client Contributions	284,376	10.6
NSIP****	126,706	4.7
Medicaid Waiver	81,264	3.0
Other Income/Rebates	22,992	0.9
Client Fees	40,621	1.5
Tobacco Settlement Funds	3,372	0.1
General Fund	7,350	0.3
Department of Human Services	12,216	0.5
Total	\$2,676,291	100

***American Recovery and Reinvestment Act of 2009 (ARRA)

****Nutrition Services Incentive Program (formerly USDA)

**SERVICES PROVIDED FISCAL YEAR 2008-2009
(October 1, 2008, through September 30, 2009)**

MEAL SERVICES							
Program	Total Clients	*ARRA Meals	AAA Contract Meals	Waiver Meals	NSIP	Millage	Total Meals
Congregate Nutrition	518	1,068	46,862	-0-	1,771	959	50,660
Home Delivered Meals	1,036	958	144,084	14,169	-0-	-0-	159,211

* American Recovery and Reinvestment Act of 2009 (ARRA)

SUPPORT SERVICES - HOURS								
Program	Total Clients	AAA Contract	* Waiver	Tobacco Settlement	Care Mgmt.	Dept. of Human Services	Senior Millage	Total Hours
Case Coordination and Support	1,154	6,199.80	-0-	-0-	-0-	-0-	-0-	6,199.80
Caregiver Training	77	545.75	-0-	-0-	-0-	-0-	-0-	545.75
Exercise Program	82	1,198.50	-0-	-0-	-0-	-0-	-0-	1,198.50
Homemaking	276	9,251.77	285.25	-0-	74	325.5	-0-	9,936.52
Respite Care	27	542.25	-0-	259.5	-0-	-0-	-0-	801.75
Personal Care	104	732	77	0	31	657	2,650.16	4,147.16

* Service units converted to hours

NOTE: All statistics and dollar amounts are subject to final audit.

APRIL 2010

DINING CENTER PROGRAMS

APRIL 2010

Rainbow Senior Center	Telephone: 892-6605
800 Livingston Avenue	Tues., Wed., and Thurs., 9:30 a.m. to 1:30 p.m.
Bay City 48708	Site Manager: Anjelica Rodriguez
Wednesdays - Walking Club at 9:30 a.m.	
Thursdays	- Bingo at 10:30 a.m. **Transportation is available
Thursday, April 1	- Nice Easter treats at 11:00 a.m.
Thursday, April 8	- Blood Pressure Clinic w/Cathy Sujkowski, R.N., 11:30 am
Thursday, April 15	- April birthday celebrations at noon
Thursday, April 22	- Durable Power of Attorney by Bay Monument at 11:30 a.m.
Thursday, May 6	- Cinco de Mayo celebration at 10:00 a.m.

Hampton Happy Hearts A.M.	Telephone: 895-5968
801 West Center Road	Monday through Thursday, 10:00 a.m. to 2:00 p.m.
Essexville 48732	Site Manager: Susan Howell
Daily	- Music and fellowship; Cards at 10:15 a.m.; Bingo at 12:45 p.m.
Tuesday, April 6	- Blood Pressure Clinic w/Cathy Sujkowski, RN, 11:30 am/Twinkies' Birthday
Wednesday, April 7	- Durable Power of Attorney by Bay Monument at 11:30 a.m.
Thursday, April 15	- Tax Day Party at 11:30 a.m. - Join us for snacks, pop & fun
Friday, April 30	- Birthday and Anniversary Day at 12:30 p.m. w/ice cream

Hampton Happy Hearts P.M.	Telephone: 895-5968
801 W. Center Road	Monday through Friday, 2:00 p.m. to 6:00 p.m.
Essexville 48732	Site Manager: Sandi Fader
Daily	- *Cards, games, library, music, and fellowship, 2:00 p.m. to 6:00 p.m.
Thursdays	- Variety Tones - 2:30 p.m. to 5:00 p.m. - April 8 and April 22
Fridays	- Hampton P.M. seniors wear blue every Friday until all troops are home
Thursday, April 1	- April Fool's Day & Easter Bonnet Contest (men <u>and</u> women)
April 5-9	- Color Week--Mon.=Green; Tues.=Yellow; Wed.=Red; Thurs.=Orange; Fri.=Red/White/Blue
Tuesday, April 6	- Blood Pressure Clinic w/Cathy Sujkowski, RN, 4:15 p.m./Twinkies' Birthday
Friday, April 16	- Wear Your Pajamas Day--Do you have a "night cap" to match?
Monday, April 19	- Durable Power of Attorney by Bay Monument at 4:30 p.m.
Tuesday, April 20	- Volunteer Recognition Day--Recognize & honor all volunteers
Thursday, April 22	- Birthday Celebrations at 5:00 p.m.
*You must be a site participant to enjoy these activities	

VITA Tax Clinics Continue Schedule Change Announced

The United Way of Bay County continues to offer appointments for seniors and others to get their tax credits filed; however, since March, the appointments are no longer being scheduled at Riverside Friendship Senior Center. The software used for the



tax program requires that a trained VITA site coordinator be on-site to troubleshoot the software glitches and to electronically file the returns.

Due to some changes in the volunteer roster, there were not enough volunteer site coordinators to cover all the off-site locations. For this reason, Riverside Friendship Center appointments were closed for the remainder of the tax season.

Senior citizens may still call United Way at 893-7508, ext. 19, to schedule an appointment at FinancialEdge Community Credit Union.

If, for any reason, all VITA tax clinic appointment times fill, appointments for tax preparation are also being made through Mid-Michigan Community Action Agency at 894-9060.

Tuesday Toolmen Accepting Referrals

Do you own your home? Is your home in need of minor repairs? If the answer is "yes," consider this:

The United Way of Bay County Retired and Senior Volunteer Program (RSVP) offers

the Tuesday Toolmen program. These are volunteers who will help qualifying Bay County homeowners with minor home



repairs, such as leaky faucets, shorts in electrical cords, ceiling fans, door repair, and more. The program is free of charge for labor; however, homeowners are responsible for all materials. If you are a single person, earn less than \$21,660 per year (\$29,140 for two-member families), and own your home, you would qualify for assistance. Call the RSVP office at 893-7508, extension 18, with any questions or to make an appointment.

Golden Horizons – New Enrollments

Golden Horizons Adult Day Center, 1001 Marsac Street, is now accepting new enrollments. This social program for older adults with memory loss allows the person to participate in activities during the day and return to the comfort of their home at night. If you are having difficulty finding meaningful, stimulating activities for a family member, your family member is becoming socially isolated, or they require supervision while you are away, Golden Horizons may be just what you need. The program is open Monday through Friday from 7:30 a.m. to 5:30 p.m. Lunch and snacks are provided. The cost is \$8.00 per hour. For more information or to schedule a visit, call 892-6644.



Calendar Notes (Cont'd.)

✓Bay Regional Medical Center's **Center for Rehabilitation** will offer the program "Arthritis and Exercise" on Tuesday, April 6, from 6:30 p.m. to 8:00 p.m. at the Lincoln Center, 820 South Lincoln, Bay City. Amanda M. LaVigne, Occupational Therapist, will demonstrate joint protection techniques and equipment to help manage arthritis. Call 667-6600 to make a reservation or log onto the website at www.bayregional.org and click on "Classes & Events." There is no charge.

✓**The Historical Museum of Bay County**, 321 Washington Ave., Bay City, continues its "Second Saturday" series April 10 from 1 p.m. to 2 p.m. with "Trilobite Treasures: Arthropods of the Ancient Seas." Award-winning paleontologist, author, storyteller "Paleo Joe" Joseph Kchodl will present a fascinating look at fossils in Michigan and dinosaurs of the Ice Age. His traveling fossil exhibit is featured through May at the Historical Museum. There is no fee and refreshments will be served. For more information, call 893-5733.



✓The **Bijou Orchestra** will present "Ritmo Caliente: Music with a Latin Flair" on Sat., April 10, at 8:00 p.m., and on Sunday, April 11, at 2:00 p.m., at the State Theatre. Guest artist Eddy Garcia will demonstrate the unique musical contribution of Latin percussion to world musical language. Tickets are \$10, \$20, \$25 or \$30. Call 892-4200 for more information or visit www.thebijou.org.

✓The **Osher Lifelong Learning Institute (OLLI)** offers the following classes in April: *Michigan in the Civil War* April 14; *Digging for Dinosaurs* April 7, 21, and 28; *Basic Astronomy: Making Sense of the Night Sky* April 13, 20, and 27; *Pilates: For Beginners and Others* April 6, 13, 20, and 27; *Draw Out Your Creative Side* April 29 and May 6, 13, 20, and 27; *Editing for Photographers Using Photoshop* March 31 and April 7, 14, and 21; *Introductory Computer I for PC Users* April 9, 16, 23, and 30; *Introductory Computer II for PC Users* April 30 and May 14, 21, and 28; *Reading Poetry for Pleasure* April 6, 13, 20 and 27; *The Basics of Grammar* April 15, 22, and 29 and May 6; *Share a Good Read With the OLLI Book Club* April 28, May 26, and June 23; *How to Travel Independently Through Europe* April 19 and 26 and May 3, 10, and 17; *Winston Churchill: The Last Lion* April 8, 15, 22, and 29; *Local Government is Grass Roots Government* Mondays, April 19 and 26 and May 3; *Behind Closed Doors: How Three Local Organizations Operate* April 21, May 12, and June 16; and *The American Civil War* April 20 and 27 and May 4 and 11. For information on specific times, fees, and locations of classes, contact OLLI at 964-4475, or visit the website at www.svsu-cbed/olli/.



✓The **Lincoln Road Dancers** remind adults that music for their dancing pleasure will be provided Tuesdays from 1:30 p.m. to 4:30 p.m. at Lincoln Road Hall, 79 South Lincoln Road, Bay City.

✓Calendar Notes

✓Hampton Happy Travelers is sponsoring a casino trip to Soaring Eagle Casino in Mt. Pleasant on Tuesday, April 27. The meal will be catered by Division on Aging. Reservations are required. For more information, call Don at 895-5968 Monday through Thursday from 11 a.m. to 2 p.m.

✓The Golden Years Club is sponsoring a fantastic breakfast on Friday, April 9, from 7:00 a.m. to 10:00 a.m. at Hampton Senior Center, 801 West Center Road, Essexville. Biscuits & gravy, sausage, scrambled eggs, hash browns, applesauce, juice, beverages are on the menu for only \$5.00 per person. For more info, call Bev or Bob at 895-5968 Monday thru Friday, from 2 p.m. to 6 p.m.

✓A touch of Hawaii is coming to Hampton Senior Center, 801 W. Center, Essexville, on Sat., April 17. The Golden Years Club is sponsoring a Hawaiian Luncheon at noon with Hawaiian chicken, Hawaiian pork chops, potatoes, vegetables, dessert, and beverage. The cost is \$7.00 for senior citizens, \$8 for adults, \$6 for children, and \$3.00 for those 5 and under. Feel free to come in your Hawaiian attire! Reservations are a must and can be made by calling Bev or Bob at 895-5968 Monday through Friday between 2:00 p.m. and 6:00 p.m.

✓Golden Horizons announces the scheduling of “Communicating Effectively” on Wed., April 14, from 7 p.m. to 9:30 p.m. and again on Fri, April 16, from 9:30 a.m. to noon. Enhance verbal communication and improve interaction with a person who has

Alzheimer’s disease and/or dementia. A session entitled “Overview of Alzheimer’s and Other Dementias” will be offered on Tues., April 20, from 9:30 a.m. to noon and again on Thurs., April 22, from 7 p.m. to 9:30 p.m. Learn more about dementia, a group of symptoms that include: memory loss, declining intellectual abilities, confusion, and personality changes. Alzheimer’s



disease is just one cause of dementia. Includes information on legal, financial, and health care issues. There is no fee for these programs, but advance reservations are required by calling 892-6644. All classes are held at Golden Horizons, 1001 Marsac, Bay City, and are open to family caregivers as well as paid caregivers. Funding is provided by Region VII Area Agency on Aging and the Alzheimer’s Fund of the Bay Area Community Foundation.

✓The Bay County Alzheimer’s/Dementia Caregiver Support Group meeting will be held April 13 from 7:00 p.m. to 9:00 p.m. at Golden Horizons, 1001 Marsac, Bay City. Facilitator is Stacy McIntyre, LMSW. The group meets the second Tues. of each month.

✓The Center for Rehabilitation, West Campus, 3190 E. Midland Road, Bay City, will host the Amputee Support Group Tues., April 6, from 3:00 p.m. to 4:00 p.m. The Bay Area Stroke Support Group will meet at the Center for Rehabilitation Tues., April 13, from 3:30 p.m. to 4:30 p.m. Call 667-6736 for more information. For info on other support group meetings, go to the website, www.bayregional.org.



HAMPTON EVENING DINING CENTER MENU
Reservations must be made one day in advance.
Meals served at 5:00 p.m.
Milk served with all meals.



APRIL 2010 BAY COUNTY DIVISION ON AGING HAMPTON EVENING MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
(5) CRISPY CHICKEN BREAST (1) DICED RED SKIN POTATOES (1) SPINACH WHOLE WHEAT BREAD W/OLEO (1) PEACH/PEAR/PINEAPPLE (1) FAT-FREE MILK (1)	(6) BEEF POT ROAST SCALLOP POTATOES (1) GREEN BEANS WHOLE WHEAT BREAD W/OLEO (1) FRESH FRUIT (2) FAT-FREE MILK (1)	(7) HOT DOG W/CONEY SAUCE ON WHOLE WHEAT BUN (1) HOMESTYLE FRIES (1) EUROPEAN BLEND VEGETABLES HAWAIIAN FRUIT (1) FAT-FREE MILK (1)	(8) SLICED ROAST PORK LOIN MASHED POTATOES W/PORK GRAVY (2) STEAMED BROCCOLI MULTI-GRAIN DINNER ROLL & OLEO (2) BANANA NUT CAKE (3) FAT-FREE MILK (1)	(9) HAND CUT BEEF TIPS OVER EGG NOODLES (1) MIXED VEGETABLES VINEGAR COLESLAW (1) WHOLE WHEAT BREAD W/OLEO (1) CHUNKY APPLESAUCE (1) FAT-FREE MILK (1)
(12) SWISS STEAK MASHED POTATOES (1) CORN (1) WHOLE WHEAT BREAD W/OLEO (1) MIXED FRUIT CUP (1) FAT-FREE MILK (1)	(13) HAM W/PINEAPPLE SAUCE SWEET POTATO (3) WAX BEANS WHOLE WHEAT BREAD W/OLEO (1) LEMON PINEAPPLE JELLO (1) FAT-FREE MILK (1)	(14) SPAGHETTI WITH HOMEMADE MEAT SAUCE (2) WINTER BLEND VEGETABLES TOSSED SALAD & DRESSING GARLIC BREAD (1) SLICED PEARS (1) FAT-FREE MILK (1)	(15) HONEY-MUSTARD CHICKEN BAKED POTATO (3) GREEN PEAS WHOLE WHEAT BREAD W/OLEO (1) WHITE CAKE WITH FROSTING (3) FAT-FREE MILK (1)	(16) TURKEY POT ROAST MASHED POTATOES W/TURKEY GRAVY (2) SLICED CARROTS WHOLE WHEAT BREAD W/OLEO (1) FRUIT (2) FAT-FREE MILK (1)
(19) GOLD COAST PORK CHOPS MASHED POTATOES (1) MIXED VEGETABLES (1) WHOLE WHEAT BREAD W/OLEO (1) SLICED PEACHES FAT-FREE MILK (1)	(20) CHICKEN W/TARRAGON GRAVY OVER WHITE RICE (1) ITALIAN BEANS TOSSED SALAD & DRESSING WHOLE WHEAT BREAD W/OLEO (1) LEMON PUDDING CAKE (3) FAT-FREE MILK (1)	(21) HOMEMADE MEATLOAF (1) MASHED POTATOES W/BEEF GRAVY (1) CALIFORNIA BLEND VEGETABLES WHOLE WHEAT BREAD W/OLEO (1) PINEAPPLE CHUNKS (1) FAT-FREE MILK (1)	(22) BROCCOLI/CHICKEN CASSEROLE (1) BAKED POTATO (3) BISCUIT & OLEO (1) FRESH FRUIT (1) FAT-FREE MILK (1)	(23) SWEDISH MEATBALLS OVER EGG NOODLES (2) GREEN BEANS MARINATED CARROTS (1) MULTI-GRAIN DINNER ROLL & OLEO (1) FRUIT COCKTAIL (1) FAT-FREE MILK (1)
(26) OVEN BAKED BBQ CHICKEN OVEN BROWNED POTATOES (1) WHOLE KERNEL CORN (1) WHOLE WHEAT BREAD W/OLEO (1) APPLESAUCE (1) FAT-FREE MILK (1)	(27) TUNA NOODLE CASSEROLE (2) EUROPEAN BLEND VEGETABLES VINEGAR COLESLAW (1) WHOLE WHEAT BREAD W/OLEO (1) CHOCOLATE CAKE (3) FAT-FREE MILK (1)	(28) SLICED ROAST PORK LOIN MASHED POTATOES W/PORK GRAVY (2) GREEN PEAS WHOLE WHEAT BREAD W/OLEO (1) PEAR JELLO W/WHIPPED TOPPING (1) FAT-FREE MILK (1)	(29) SALISBURY STEAK (1) MASHED POTATOES (1) SLICED CARROTS MULTI-GRAIN DINNER ROLL & OLEO (2) FRESH FRUIT (1) FAT-FREE MILK (1)	(30) CHICKEN PARMESAN OVER SPAGHETTI NOODLES (1) ITALIAN BLEND VEGETABLES TOSSED SALAD & DRESSING GARLIC BREAD (1) TROPICAL FRUIT (1) FAT-FREE MILK (1)

Regarding any activity/event at the Bay County Division on Aging: Individuals with disabilities may request auxiliary aids/services by providing ten days’ notice to the County of Bay before the scheduled event. Requests should be directed to Michael Gray at (989) 895-4130 or TDD at (989) 895-4049.



BAY COUNTY DIVISION ON AGING
DINING CENTERS AND HOME DELIVERED MEALS
Reservations must be made one day in advance to attend any Dining Center
Most Dining Centers scheduled to serve luncheon at noon



DINING CENTERS ONLY

APRIL 2010

BAY COUNTY DIVISION ON AGING

HDM/MEAL SITE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
(5) BEEF POT ROAST BAKED POTATO (3) STEWED TOMATOES (1) WHOLE WHEAT BREAD W/OLEO (1) PINEAPPLE CHUNKS (1) FAT-FREE MILK (1)	(6) SLICED TURKEY MASHED POTATOES (1) W/TURKEY GRAVY BROCCOLI WHOLE WHEAT BREAD W/OLEO (1) FRESH FRUIT (2) FAT-FREE MILK (1)	(7) SPANISH RICE (2) WHOLE KERNEL CORN (1) CARROT RAISIN SALAD (1) MULTI-GRAIN DINNER ROLL & OLEO (1) MIXED FRUIT CUP (1) FAT-FREE MILK (1)	(8) DUTCH CHICKEN DUTCH POTATOES (1) WINTER BLEND VEGETABLES WHOLE WHEAT BREAD W/OLEO (1) PEACHES 'N' CREAM CAKE (3) FAT-FREE MILK (1)
(12) OVEN-BAKED CHICKEN RED SKIN POTATOES W/ONION CALIFORNIA BLEND VEGETABLES WHOLE WHEAT BREAD W/OLEO (1) DICED PEARS (1) FAT-FREE MILK (1)	(13) HOMEMADE GOULASH (2) SLICED CARROTS TOSSED SALAD & DRESSING GARLIC BREAD (1) TROPICAL FRUIT (1) FAT-FREE MILK (1)	(14) CHICKEN TENDERS BAKED POTATO (3) GREEN PEAS WHOLE WHEAT BREAD W/OLEO (1) BITE-SIZE PEACHES (1) FAT-FREE MILK (1)	(15) PORK CHOP WITH MUSHROOM GRAVY MASHED POTATOES SPINACH WHOLE WHEAT BREAD W/OLEO (1) FRESH FRUIT (1) FAT-FREE MILK (1)
(19) LUNCHEON STEAK W/TOMATO SAUCE MASHED POTATOES (1) PEAS & PEARL ONIONS WHOLE WHEAT BREAD W/OLEO (1) CHUNKY APPLESAUCE (1) FAT-FREE MILK (1)	(20) BAKED PORK CHOP CANDIED SWEET POTATO (3) CAULIFLOWER WHOLE WHEAT BREAD W/OLEO (1) FRUIT COCKTAIL CAKE (3) FAT-FREE MILK (1)	(21) HOMEMADE CHILI (2) SALTINE CRACKERS (1) BAKED POTATO (3) STEAMED BROCCOLI FRUIT (2) FAT-FREE MILK (1)	(22) SLICED HAM RED SKIN POTATOES (2) GREEN BEANS WHOLE WHEAT BREAD W/OLEO (1) PEACH/PEAR/PINEAPPLE (1) FAT-FREE MILK (1)
(26) LEMON PEPPER TILAPIA (1) BAKED POTATO (3) SLICED CARROTS WHOLE WHEAT BREAD W/OLEO (1) MIXED FRUIT CUP (1) FAT-FREE MILK (1)	(27) HUNGARIAN PORK CHOP MASHED POTATOES (1) MIXED VEGETABLES WHOLE WHEAT BREAD W/OLEO (1) PINEAPPLE CHUNKS (1) FAT-FREE MILK (1)	(28) CABBAGE CASSEROLE (2) WHOLE KERNEL CORN (1) GARLIC BREAD STRAWBERRY POKE CAKE (3) FAT-FREE MILK (1)	(29) ROAST BEEF & AuJUS MASHED POTATOES W/BEEF GRAVY (2) GREEN BEANS WHOLE WHEAT BREAD W/OLEO (1) OATMEAL RAISIN COOKIE (2) FAT-FREE MILK (1)

SALAD/SANDWICH MENU

APRIL 2010

SALAD CHOICE FOR THE WEEK	SANDWICH CHOICE FOR THE WEEK
(WEEK OF 4-5 THRU 4-8-10) <u>SWEET & SOUR CHICKEN SALAD</u> ALL WHITE MEAT CHICKEN ON A BED OF CHOPPED ROMAINE LETTUCE WITH TOASTED SESAME SEEDS & ALMONDS WITH RED ONION, TOMATO, CHINESE NOODLES, AND SWEET & SOUR DRESSING MULTI-GRAIN DINNER ROLL & OLEO DESSERT/FRUIT OF THE DAY FAT-FREE MILK	<u>SMOKED HAM & SWISS ON RYE</u> SMOKED HAM WITH SWISS CHEESE ON RYE BREAD WITH RED ONION, TOMATO, ROMAINE LETTUCE, BABY CARROTS, CUCUMBER SPEARS, AND DIJON HONEY MUSTARD DRESSING DESSERT/FRUIT OF THE DAY FAT-FREE MILK
(WEEK OF 4-12 THRU 4-15-10) <u>GREEK SALAD</u> ROMAINE LETTUCE, TOMATO, GREEN PEPPER, RED ONION, CUCUMBER, BLACK OLIVES, AND FETA CHEESE WITH GREEK DRESSING COTTAGE CHEESE MULTI-GRAIN DINNER ROLL & OLEO DESSERT/FRUIT OF THE DAY FAT-FREE MILK	<u>TURKEY & SWISS WRAP</u> SHAVED TURKEY & SWISS CHEESE ON WHOLE WHEAT FLATBREAD WITH RED ONION, TOMATO, ROMAINE LETTUCE, CUCUMBER, BABY CARROTS, AND RANCH DRESSING DESSERT/FRUIT OF THE DAY FAT-FREE MILK
(WEEK OF 4-19 THRU 4-22-10) <u>CAESAR SALAD</u> CAESAR SALAD WITH BAKED CHICKEN, ROMAINE LETTUCE, TOMATO WEDGES, CHEESE, CROUTONS, AND MARZETTI CAESAR DRESSING MULTI-GRAIN DINNER ROLL & OLEO DESSERT/FRUIT OF THE DAY FAT-FREE MILK	<u>HOMEMADE MEATLOAF SANDWICH</u> HOMEMADE MEATLOAF PLACED ON RYE BREAD WITH AMERICAN CHEESE, ROMAINE LETTUCE, RED ONION, CUCUMBER SPEARS, AND BABY CARROTS SERVED w/HONEY MUSTARD DRESSING DESSERT/FRUIT OF THE DAY FAT-FREE MILK
(WEEK OF 4-26 THRU 4-29-10) <u>CHEF SALAD</u> TURKEY AND SMOKED HAM STRIPS WITH CHEDDAR CHEESE, EGG, RED ONION, TOMATO, AND CROUTONS ON CHOPPED ROMAINE LETTUCE WITH MARZETTI BUTTERMILK DRESSING MULTI-GRAIN DINNER ROLL & OLEO DESSERT/FRUIT OF THE DAY FAT-FREE MILK	<u>TUNA SALAD WRAP</u> CREAMY TUNA SALAD PLACED ON A WHOLE WHEAT WRAP WITH ROMAINE LETTUCE, RED ONION, AND SLICED TOMATO SERVED WITH RANCH DRESSING, CUCUMBER SPEARS, AND BABY CARROTS DESSERT/FRUIT OF THE DAY FAT-FREE MILK

SALAD & SANDWICH CHOICES ARE AVAILABLE @ THE MEAL SITES ONLY.

CARBOHYDRATE KEY:

12 – 23 = (1) 24 – 35 = (2) 36 – ABOVE = (3)

**FRIDAY
RIVERSIDE
DINING CENTER
ONLY**

(9)
COD FILET SANDWICH (1)
ON A WHOLE WHEAT BUN (2)
HERB BAKED POTATOES (1)
CREAMY COLESLAW (1)
SLICED PEACHES (1)
FAT-FREE MILK (1)

(16)
BOILED DINNER (1)
MULTI-GRAIN
DINNER ROLL & OLEO (2)
OATMEAL
APPLESAUCE CAKE (3)
FAT-FREE MILK (1)

(23)
CHICKEN TARRAGON
OVER BROWN RICE (1)
EUROPEAN BLEND
VEGETABLES
TOSSED SALAD & DRESSING
MULTI-GRAIN
DINNER ROLL & OLEO (2)
FRESH FRUIT (1)
FAT-FREE MILK (1)

(30)
BAKED CHICKEN SANDWICH (1)
ON A WHOLE WHEAT BUN (2)
LETTUCE & MAYO PACKETS
HOME FRIES (1)
CARROT RAISIN SALAD (1)
FRESH FRUIT (2)
FAT-FREE MILK (1)